

Baked Donuts



Serves	10-12
Prep time	15 minutes
Cook time	14 minutes
Total time	29 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Birthday Party , Special Occasions

Ingredients

- Canola oil spray
- 170g plain white flour
- 1 teaspoon baking powder
- 75g icing sugar
- 1/2 teaspoon salt
- 40g butter (melted and cooled)
- 65ml milk
- 75g low fat ricotta
- 1 egg

Vanilla donut glaze:

- 1/4 cup milk
- 1 teaspoon vanilla essence
- 2 cups icing sugar (sifted)

Chocolate/Carob donut glaze:

- 1/4 cup milk
- 2 heaped tablespoons raw cocoa or carob powder (sifted)
- 2 cups icing sugar (sifted)

To decorate: (Optional)

- Hoppers naturally coloured 100s and 1000s or Sprinkles

Sugar coated donuts:

- 2 tablespoons butter (melted)
- 1/2 cup castor sugar or vanilla sugar (approximately)

Directions

1. Preheat the oven to 180°C and prepare a 12-hole donut or mini bundt mold tray.
2. Sift and combine the flour, baking powder, sugar and salt.
3. Add the butter and mix well.
4. In a separate bowl whisk together the milk, ricotta and egg. Add the flour mixture and mix until just combined.
5. Spoon or pipe into the prepared molds to half full.
6. Bake for approximately 12-14 minutes until the donuts are golden brown and spring back when touched.
7. Allow to cool slightly then remove from the tray and cool completely before decorating.



To decorate with vanilla glaze:

8. Warm the milk and vanilla in a saucepan over low heat.
9. Add the icing sugar and whisk slowly until it is well combined.

10. Remove from the heat and set over a bowl of warm water. If the glaze starts to get too thick put it back on a low heat to reheat.
11. Dip the donuts one at a time into the glaze and set on a rack. If using, sprinkle with 100s and 100s or Sprinkles, and leave to set for 5 minutes.

To decorate with chocolate/carob glaze:

12. Warm the milk in a saucepan over low heat.
13. Add the icing sugar and carob/cocoa and whisk slowly until it is well combined.
14. Remove from the heat and set over a bowl of warm water. If the glaze starts to get too thick put it back on a low heat to reheat.

 [Glaze for baked donuts](#)

15. Dip the donuts one at a time into the glaze and set on a rack. If using, sprinkle with 100s and 100s or Sprinkles, and leave to set for 5 minutes.

 [Baked Donuts with chocolate glaze and sprinkles](#)

To sugar coat the donuts:

16. Brush the donuts with the melted butter, then dip into the caster/vanilla sugar.

Note

Low Chemical / Failsafe, High Salicylates, Very High Amines

The donuts are low chemical as is the vanilla glaze, carob glaze and sugar coating. Naturally coloured 100s and 1000s and Sprinkles contain high salicylates. The chocolate glaze contains very high Amines.

Refer here for [Vanilla Sugar recipe](#).